

# ***Empowered Living!***

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Life, in all its grandeur is made up of experiences. In fact, it boggles the mind to even *try* to compute how many experiences you will have in the course of your lifetime. Some of these experiences will be what you desire, dream about and work towards and certainly, they will bring you great satisfaction and joy. With equal certainty you can expect that some of the things that happen in your life will be other than what you would like. Frustration, anger, bitterness, powerlessness and apathy are often the emotional residue of such experiences.

Nobody could blame you for feeling like a little cork bobbing on the surface of the ocean, subjected to whatever the whims of the weather. Sometimes it's peaceful and beautiful and at other times it feels like you're fighting for your life. It's hard not to feel powerless when it seems as though you have no say in the matter and it's even harder not to feel overwhelmed when, moment to moment, you're just trying to survive whatever is being thrown at you.

When you've experienced hurtful and disappointing experiences, and in particular, when it seems as though you've experienced so many of them, without even knowing it, you may have made an unconscious decision to frame your experiences in a negative context. The instant your pain and fears are triggered, or you think there's a chance that they *may* be triggered, you relinquish power over your life and default to a cornucopia of fear-based defense mechanisms, low self-esteem, low expectations and hopelessness all of which allow you to believe that you are powerless in your own life.

And it doesn't stop there! In a gesture of self-preservation, you may have even gone so far as to *expect* your future experiences to be hurtful and disappointing, never measuring up to what you want. Lower the bar, don't expect much, and you can't get hurt, right?

Thoughts have emotions attached to them and emotions create chemical reactions in your body so your *entire* being is now invested in this response. After a few years (or decades!) of this, you may have become so accustomed to approaching life this way that it may actually start to feel familiar, even normal. You may think 'It's just the way I am'. But it isn't. It is a choice you've made and one that you're making moment to moment. What you've done here is successfully created a response pattern.

The thing you need to ask yourself at this point is whether this response pattern *is working for you*. Is it taking you forward, is it contributing positively to the quality of your life? If the answer is no (and I'm really hoping it is!) here's the good news. Just as you chose and nurtured this response pattern into existence, you can just as easily choose a different response pattern, one that will be consistent with your goals and the well-being of your life.

So what this means is that, far from being a helpless cork, tossed every which way by the ocean, living a life of emotional chaos, anxiety and stress, you sit in a place of phenomenal power.

### **Your Place of Power**

At this very moment you have access to one of the most powerful tools available to begin transforming your Life, in all ways, for the better.

What you own is **the free will, the right to choose** how you are going to view / contextualize the events in your life, how you are going to respond to these events and therefore, how you allow them to affect you and determine the tone of your Life. The reason why this is your place of power is because, whatever you choose to put your attention on *will become your Reality*.

Consider the profound impact of this! Regardless of what you have experienced in your past: pain and fear, loneliness and disappointment, feelings of not being good enough etc., whatever you believe true about yourself and your life now, in this very moment and every moment that follows, will become your Reality.

You don't have to do anything to earn the right to do this and you don't have to worry about whether you deserve it. You don't have to be anything other than who you are and where you are right now to access this formidable power to transform your life.

You can choose to put your attention on powerlessness and hopelessness or equally, you can choose to look at an experience that is triggering your fears and say, for instance; “This too is a gift because it is showing me how I have given my power away in the past and today I will choose differently.” The choice is completely yours.....and so is the outcome!

Of course, this is easier to do when it isn't something painful but it's *precisely* when your deepest fears and pain are triggered that you must not give your power away because this is when you need it the most! It is precisely at this time when you must reach deep within yourself and find the courage to step out of your former fear-based response pattern and say “I choose to consciously decide how I am going to experience my life. If there are lessons to learn, I will learn them, if there is behavior I need to change, I will change it, but I choose to do so from a place of power.”

### **Putting it into practice**

In his recent book “Success Principles”, Jack Canfield states “When you replace your old negative expectations with more positive ones - when you begin to believe that what you want is possible- your brain will actually take over the job of accomplishing that possibility for you.” This means that regardless of what your old patterning was, you can use your mind to create a new behavioral pattern, one that serves the highest intention for your Life.

You can begin creating a new healthier response pattern right now by finding your ‘power point’, a full-proof visual or memory that fills you with Joy and empowerment. It may be the thought of your children coming into this world, perhaps it's a dazzling sunset you once saw or a beautiful piece of music you heard but whatever you choose, it must completely fill your mind and heart with Joy whenever you put your attention on it.

Begin creating a new response pattern by putting your attention on your power point daily remembering that whatever you put your attention on will become your Reality. Each day (several times a day is even better) take time to think about this experience and when you do, be in it fully as if it were happening this very minute. Flood yourself with all the wonderful, natural chemicals that are released when you experience joy.

Practicing this daily will teach your mind, heart and body to come to know this state of joyful empowerment as your natural base line / your normal state of being. When your fears are triggered (a state that takes you away from your power and causes you to fall below your base line), PAUSE before defaulting to your old response pattern, put your attention on your power-point, get firmly rooted here and when you feel that you are in your place of power, choose to respond to the trigger in a way that serves the highest good for your life.

When practiced everyday, this simple technique can pay huge dividends. It can take you from feeling powerless and out of control to living an empowered life, knowing that you alone hold the reins of your life in your hands.

To make further transformational changes in your life, use the energy and intention of your power point as the credo for your life. For example, your credo may be “I choose to live a Life that resonates with Joy, Compassion and Empowerment” and from this place behave in all ways that are consistent it. Make decisions that are congruent with your credo. Treat yourself and others in ways that resonate with joy, compassion and empowerment. Make it the frequency that runs through all that you say and do and it will become the tone of your life.

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